

CALLAHAN COURIER

FRAMINGHAM *on the go!*

FRAMINGHAM CALLAHAN CENTER NEWS & ACTIVITIES | VOLUME 9, NO. 11, NOVEMBER 2021



The Confidence to make new connections

*Benchmark has proactively implemented
COVID-19 protocols so you can feel
confident that this is home.*



Thanks to our innovative team of experts and associates, Benchmark residents are confident, excited, and safely stepping back into their normal routines. We are thrilled to be welcoming new residents and visitors into our community, and resuming many of our programming experiences.

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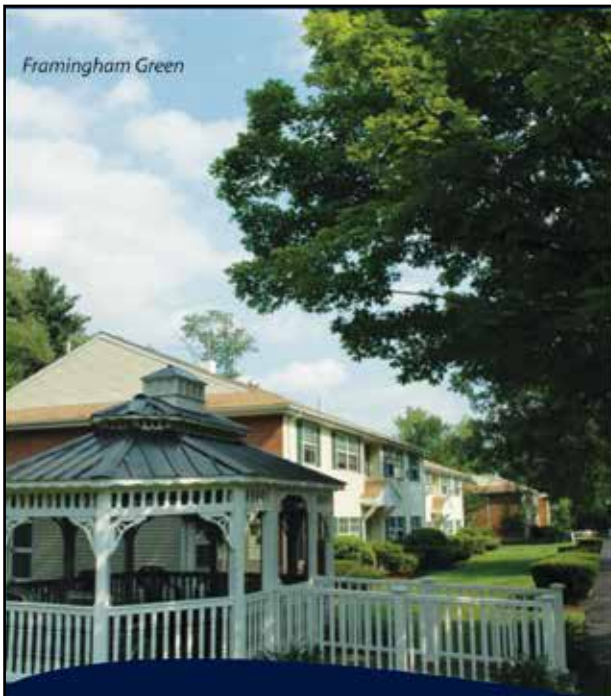


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Irving Square



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....

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Framingham Green and Irving Square are designed for seniors age 62+ as well as persons with disabilities who are under age 62.

*Income guidelines may apply. Please inquire in advance for reasonable accommodations. Assistance animals welcome. Information contained herein subject to change w/o notice.



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tom@seniorcentercommunications.com

DIRECTOR'S CORNER

Hello Everyone,

Wishing all of our active servicemen and women and veterans a Happy Veterans Day. If you are a veteran or spouse of a veteran who has passed on – and a Framingham resident – and have not yet received an invitation to the Veterans Drive-By Luncheon, please contact Paula Geller.

We wish everyone a lovely celebration of Thanksgiving on November 25. Be aware that the city may choose to close municipal offices on the day after Thanksgiving, in which case, the center would be closed.

We are very sorry to hear from the Friends of Callahan that Brenda Erickson has decided to resign from her position as the Travel Coordinator for the Friends Travel Program at the Callahan Center. We have been fortunate to have Brenda's years of experience as a travel professional in creating many lasting memories for people who enjoyed the day trips and overnight trips she planned and coordinated. Please join us in wishing her a happy and healthy retirement.

As a member of Framingham's Age & Dementia Friendly Coalition, I am proud to share that the City was recently awarded designation as an Age-Friendly City with the AARP, becoming one of over 500 communities enrolled in this network. The AARP Network of Age-Friendly States and Communities provides a structured process that serves to educate, encourage, promote and recognize improvements that benefit residents of all ages. Enrollment in the network provides our community with the resources to become more age-friendly by tapping into national and global research, planning models and best practices.

In addition, the Coalition led by the Framingham Public Health Department has been awarded funding from the Alzheimer's Association and the National Association of County and City Health Officials (NACCHO) to address the needs of older adults and caregivers in Framingham living with Alzheimer's and other dementias. The Healthy Brain Initiative grant will increase the capacity of our Community Health staff and the Framingham Age & Dementia Friendly Coalition to better understand the needs of people living with dementia and to provide education and training about dementia-related topics. Please check inside for all the programs we have in the month of November. We enjoy seeing you on Zoom and in-person, even with your masks on. We're here for you and look forward to having you join us.

Grace

CALLAHAN CENTER

535 Union Avenue (Handicap Accessible), **Framingham, MA 01702**
Telephone: 508-532-5980

Web address: www.framinghamma.gov/360/Council-on-Aging

Hours of Operation:

Monday through Friday 8:30 a.m.-4:30 p.m.

CALLAHAN CENTER MISSION STATEMENT

It is the mission of the Framingham Council on Aging/Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to underserved groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

DISCLAIMER NOTICE

The Callahan Center makes every effort to ensure the information throughout the Courier is accurate; however, the staff shall not be held responsible for errors that occur with printing, omission, or changes/cancellations of a program by staff or instructors.

We thank the advertisers that appear in the Courier, as well as the presenters of informational programs and products. However, the Callahan Center does not endorse any service or product listed in the Courier or presented at the Center. It is the responsibility of our readers/participants to investigate any service, product or provider they may consider using.

CALLAHAN CENTER STAFF

STAFF

Grace O'Donnell, MS, Director of Elder Services
 Randy Aylsworth, MS, Assistant Director
 Paula Geller, Programs Manager
 Tricia Welsby, Administrative Assistant
 Ralph Dunlea, Computer Room Coordinator
 Carol Glover, Front Desk Receptionist
 Mary Kenney, Front Desk Receptionist
 Diane Krueger, Front Desk Receptionist
 Patty Bird, Front Desk Receptionist
 Paul Gambrazzio, Van Driver
 David Higgins, Van Driver



Accredited by **National Institute of Senior Centers**

SOCIAL SERVICES

Lisa Ushkurnis, MSW, LICSW, Supervisor
 Cheryl Lavallee, LICSW, Assistant Social Services Supervisor
 Jamie Jensen, MSW, LICSW, Coordinator of Continuing Connections
 Sam Swisher, MBA, Outreach Volunteer Coordinator
 Alana Dundon, Bilingual Outreach/DME Coordinator
 Deb Bourque, BA, CDP, Continuing Connections Program Assistant

SHINE

Kathy Worhach, SHINE Director
 Michelle Gucciardi, SHINE Assistant Director

COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS

Chairman: Clyde Dottin

Members:

Brenda Diaz, Audrey Hall,
 Mike McGibbon, Betty Muto,
 Jennifer Rich, Linda Schwartz,
 Brian Sullivan, Glenda Thomas,
 Ruthann Tomassini

COA Board Meeting
November 9, 1:30 p.m.

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The Callahan Center will be closed on Thursday, November 11 in observance of Veterans Day and Thursday, November 25 for the Thanksgiving holiday. (Note: The Center may be closed on Friday, November 26. Please call before coming that day.)

RETURN TO FALL/WINTER SCHEDULE

Beginning on November 1, the Callahan Center will resume fall/winter hours: Monday through Friday 8:30 am to 4:30 pm.

YOUR VOTE IS IMPORTANT

Framingham City Election

Tuesday, November 2

Polls will be open from 7 a.m. until 8 p.m.

LEGAL CLINIC

Tuesday, November 30, 9-11 a.m.

Meet individually with an attorney from MetroWest Legal Services to discuss legal issues (will not advise on estates and trusts). Appointments are required. Please call Paula at 508-532-5980, ext. 4110.

PLEASE REMEMBER TO SWIPE OR SIGN IN

We appreciate your taking time to sign into the computers in the lobby for each of the programs and events you attend at the Callahan Center. If you don't have your key tag with you, simply enter your first name and touch "Next" on the screen; then follow the prompts. The front desk can assist with key tags and the kiosks, if you have any questions.

Please be aware that the Callahan Center does not issue refunds for fee-based events or activities, unless those programs are cancelled by the Center.



DRIVE-BY: VETERANS LUNCHEON

Wednesday, November 10, 11:30-12:30 p.m.

RSVP REQUIRED BY 11/5

The Callahan Center thanks our veterans for their dedicated service. If you are a Framingham resident who is a veteran -- age 55 or older -- or spouse of a veteran and have not yet received an invitation to the luncheon, please call Paula at 508-532-5980, ext. 4110 or email pgeller@framinghamma.gov.

MASKS REQUIRED IN MUNICIPAL

BUILDINGS: All persons over the age of five entering City of Framingham municipal buildings shall wear a clean face covering over their mouth and nose and exercise social distancing in accordance with CDC guidelines due to increasing COVID-19 cases. Those who are exempt from the face coverings requirement include persons for whom a face mask or covering creates a health risk or is not safe. If you are not feeling well, we ask that you stay home until you no longer have symptoms. If you think you've been exposed, get tested and stay isolated until you get the results. This guidance is subject to change.

THE METROWEST ALZHEIMER'S PARTNERSHIP PRESENTS: THE JOURNEY OF DEMENTIA WHAT ARE FAMILY MEMBERS EXPERIENCING?

Thursday, November 4, 1-2:30 p.m.

To Register: Please call the Alzheimer's Association at 800-272-3900

This educational program explores what the family members experience during the journey of dementia. Every member of every age is impacted. The examination of the five stages of grief are combined with the lengthy experience of anticipatory grief. Learn how to build tools for resilience to support

your grief process. This program is presented by Tammy Pozerycki, Owner, Educator, and Consultant, Alternatives In Alzheimer's Care.

GRAND REOPENING OF THE VETERANS PARK REVITALIZATION PROJECT - Veterans Day, November 11

Ceremony at the park will begin at 10:45 am. The park is located on the corner of Concord Street and Guadalcanal Road, across the street from Framingham District Court.

DO YOU MISS SEEING FAMILY AND FRIENDS?

We have volunteers who can teach you how to Zoom so you can see and hear family and friends on a Chromebook! These devices are larger than a cell phone but smaller than a computer. They're free to borrow for up to 12 months AND free data plans are available for people who are 60 and older and meet income guidelines. To learn more, contact Sam Swisher at 508-532-5980, ext. 4113.



EMERGENCY FINANCIAL ASSISTANCE AVAILABLE TOWARD INTERNET SERVICE

The Federal Communications Commission has launched a temporary program to help households struggling to afford Internet service during the COVID-19 pandemic. The Emergency Broadband Benefit provides a discount of up to \$50/month toward broadband service for eligible households. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers. To learn more, visit www.fcc.gov/broadbandbenefit or call 833-511-0311.



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CONTINUUM OF CARE

- THE WILLOWS Retirement Communities
- WHITNEY PLACE Assisted Living and Memory Care
- BEAUMONT Skilled Nursing and Rehabilitation
- SALMON VNA & Hospice

ALL OF THE PROGRAMS ON THIS PAGE WILL BE OFFERED IN PERSON.*Please call the front desk at 508-532-5980, ext. 0 to register.***CALLAHAN CENTER
LEARNING & CULTURAL
PROGRAMS**

These programs are supported in part by a grant from the Framingham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, and in part by the Friends of Callahan.

**THE LOSS OF THE INDIANAPOLIS**
Tuesday, November 16, 1:30 p.m.

Presented by: Bob Begin
Register by 11/15

IN-PERSON

In July 1945, the USS Indianapolis was assigned the Top Secret mission to deliver an atomic bomb to Tinian Island. This was the bomb later dropped on Hiroshima. Once the mission had been completed, the Indianapolis was torpedoed by a Japanese submarine. Approximately 900 men went into the water that night. Due to a series of blunders, the wreck would remain undiscovered for nearly five days and only 316 would survive the harrowing experience. What followed was a cover-up, and blame was assigned to the captain who was unfairly court martialed. Learn more as Bob Begin shares the story of one of the worst tragedies in US Naval History. Begin is a history enthusiast and lecturer at local libraries and lifelong learning programs.

**ARTIST WORKSHOP:
PIET MONDRIAN**

Thursday, November 18, 1-2:30 p.m.

Presented by: Michele Marram

Registration required - Space is limited!

Join us as research librarian Michele Marram explores the career of Piet Mondrian, a Dutch artist most well known as a leader of the De Stijl movement. How did this artist evolve from painting landscapes to those odd squares and rectangles? Following the presentation we'll have a chance to create our own "Mondrian-esque" works.

**HOLIDAY SHOPPING RIGHTS**

Tuesday, November 9, 2 p.m.

Presented by: Amy Schram,
Better Business Bureau

Whether shopping for the holidays or any day, Amy Schram, Manager of Community Relations, will discuss shopping rights that every consumer should know. Amy will discuss implied warranties, return policies, defective merchandise, pricing discrepancies, and shopping online, via the mail or television. Learn what recourse you have when a purchase goes awry.

IN-PERSON**CHIRICAHUA MOUNTAINS
WILDLIFE OASIS IN THE DESERT**

Tuesday, November 23, 1:30

Presented by: Joy Marzolf

Register by 11/22

On the Arizona-New Mexico border, lies the Chiricahua mountains and the valley below. This unique geological area is steeped in Native American history, from ancient days to the time of the Apaches. Due to the widely varied habitats, including a wide range of elevations, this area is also a birding hotspot with 375 known species. In addition, the dramatic summer monsoons bring out many species of frogs, wildflowers and butterflies. Not to be forgotten, this area is also known for reptiles including the only species of venomous lizard found in the US, the Gila monster.



Joy Marzolf leads us on an exploration of this diverse area. She is founder of her company, The Joys of Nature, and formerly was a Naturalist and Educator at Mass Audubon's Broadmoor Wildlife Sanctuary.

IN-PERSON**GREAT COURSES -
THE GREAT TOURS
GREECE & TURKEY:
HISTORIC ATHENS**

Wednesday, November 17, 1:30-2:30 p.m.

The Great Courses presents a unique cultural journey to the dramatic landscapes of Greece and Turkey—to dazzling ancient

cities, majestic empires, and magical treasures of history. Here great myths came to life and epic battles were fought, and the wondrous remains of ancient civilizations still call from across the centuries. Professor John R. Hale of the University of Louisville is your guide to the fabulous civilizations of the Greeks, Romans, Byzantines, and Ottomans. *Additional episodes in the series will be shown in the coming months.*

**IN-PERSON****MOVIE MATINEE: LITTLE WOMEN**

Tuesday, November 30
1:30-3:45 p.m.

Filmed in Massachusetts, this 2019 acclaimed film tells the beloved story of the March sisters - four young women determined to live life on their own terms - as they grow into young ladies in mid-19th century New England. The cast features actresses Saoirse Ronan, Emma Watson, Laura Dern, and Meryl Streep. The film/cast received five Oscar nominations in 2020 and an Oscar win for Best Achievement in Costume Design. Rated PG

**IN-PERSON****SEE MORE SPECIAL PROGRAMS ON PAGE 6****FRAMINGHAM SENIOR HEROES
AWARDS-2021**

From left to right, Rep. Maria Robinson, Rep. Jack Lewis, Grace O'Donnell-Director of Elder Services, Glenda Thomas -COA Board member and Chair of FSHA Committee, Laura Medrano-FSHA Committee, Margareth Shepard-City Councilor and FSHA Committee, FSHA recipients-Nubia Gaseta and Merrily Herring, Shaheen Akhtar- FSHA Committee, Carly Paul and David Fuller-FSHA Committee. Two other FSHA recipients, Anne Sullivan and Father Don, participated via Zoom.

LEARN SOMETHING NEW

PC INTERNET & ONLINE SECURITY

Monday, November 15

10:30 a.m.

IN-PERSON

Instructor: Ralph Dunlea

Register by 11/12 - Space is limited

The class will review the many threats and scams that are targeting you and your computer. We will discuss what to do if you encounter some of the pop-up screens that suddenly appear on your PC asking you to call a number to unlock your PC (e.g. Ransomware). We will also discuss staying safe online; your privacy and some steps to minimize sites tracking you. Learn about the various tools, (anti-virus programs, anti-spyware programs, computer cleaning programs) which can help stop many threats before they affect your computer.

COUPLES LIVING WITH HEART FAILURE

Monday, November 22, 1:30 p.m.

Presenters: Karen Lyons & Christopher Lee, PhDs, Boston College

Register by 11/19

VIRTUAL

Researchers at Boston College are looking for volunteers to test two different support programs designed to help couples living with and managing heart failure. The goal of both programs is to improve health and well-being and reduce the strain from managing heart failure for both you and your spouse/partner. Please join us for an informational session where we will describe the study and both programs, eligibility criteria and what participation in the study would involve. We will also answer any questions you have about the study and how to enroll. No travel is required for this study.

DID YOU MISS A CALLAHAN PROGRAM?

CHECK OUT ACCESS FRAMINGHAM TV

Some Callahan Center programs are now available on Access Framingham TV (AFTV).



Visit www.accessfram.tv and click on the "WATCH" tab at the top for a program schedule or video on demand. In Framingham, tune into AFTV on: Comcast channel 9, RCN HD channel 1100 or channel 3, or Verizon channel 43.

Watch *Frank and Mary in Framingham*, a monthly show with co-hosts Grace O'Donnell and Arthur Bergeron, featuring topics of interest to seniors. This show airs on Tuesday, Thursday, and Saturday at 9am and is available via video on demand.

Special thanks to Callahan volunteer Bill Rabkin for recording and editing the programs to air on AFTV.

FITNESS & WELLNESS

PLEASE NOTE: Did you know that many insurance providers offer a reimbursement for fitness classes? Check with your health plan provider for details and reimbursement instructions. By swiping your card at the kiosks in the lobby, we're able to generate the report that most insurers require.

ON ZOOM AND IN PERSON!

MINDFUL LIVING & MEDITATION WITH LISA CAMPBELL

ON ZOOM: Mondays, 10:30-11:30, \$3/class

IN PERSON: Wednesdays, 11 a.m.-noon, \$3/class

Instructor Lisa Campbell is a professional meditation and mindfulness coach, helping

others transform their lives to be healthier, happier and more peaceful. Each week is a combination of mindful awareness practices, breathing techniques and meditations that help nurture a positive mindset, actively work with tension and anxiety, and so much more. **To register for the class on Zoom, please email Paula at pgeller@framinghamma.gov.**

ON ZOOM AND IN PERSON!

CHAIR YOGA WITH REBECCA REBER

ON ZOOM: NEW TIME Tuesdays, 4:30-5:15 p.m., \$3 per class

IN PERSON: Fridays, 11:15 a.m.-12:15 p.m., \$3/class

Canceled Nov. 26

Rebecca Reber leads this gentle form of yoga, which builds strength and flexibility. As with many forms of exercise, it can be modified for people of varying abilities. Rebecca Reber has been leading chair yoga classes for older adults at senior centers throughout the MetroWest area. **To register for the class on Zoom, please email Paula at pgeller@framinghamma.gov.**

FIRST FRIDAYS

STRETCH WITH ANTHONY

Friday, November 5, 10:30-11 a.m., Free

This half-hour stretch class will help keep your muscles flexible, strong and healthy. Older adults need flexibility in order to maintain a range of motion in the joints. This class - offered the first Friday of every month - will teach you how to keep your whole body loose with simple stretches you can do on your own from the comfort of home. **New** participants should email Paula at pgeller@framinghamma.gov to register.

VIRTUAL



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STRENGTH TRAINING/CARDIO WITH DELANEY

Mondays, Wednesdays & Fridays

9:30 a.m., \$3/class

Canceled Nov. 26

We will use large muscle groups in rhythmic motions to help you strengthen your core and burn calories. The class will encompass a warm-up followed by workouts focusing on the upper body, lower body, and core (on a chair or floor/mat). Participants may use hand weights and resistance bands if you have them.

**TAI CHI WITH JON WOODWARD**

Mondays, 12:30-1:30 p.m., \$4 per class

Tai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body, utilizing slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being. Although no prior experience is necessary, this class involves one hour of movement without the assistance of a cane/walker.

ZUMBA WITH SUSAN CRAVER

Tuesdays & Thursdays, 11 a.m., \$3 per class

Zumba mixes Latin rhythms and easy-to-follow moves, so you have fun while exercising. Instructor Susan Craver has been teaching dance for over 25 years.

AEROBICS WITH ANTHONY

Tuesdays, 9:30-10:15 a.m., Free

This weekly, low-impact aerobics class combines the benefits of strength training, cardio and stretching. Movements can be done from a standing or seated position. Participants may use 2-3 lb. hand weights (or soup cans), if you have them.

CALLAHAN FITNESS CENTER

Monday through Friday, 9 a.m.-4 p.m.

The Callahan Fitness Center features eight, new state-of-the-art fitness machines including a treadmill, recumbent stepper, rower and more, plus a full set of hand weights. A **\$2 admission fee** enables users up to 50 minutes of access to the equipment at a time. Open to adults age 55+.

**DISCUSSION GROUPS, GAMES & MORE****IN-PERSON ACTIVITIES**

These activities are also listed on the calendar on pages 12-13. Please note that the Center will be closed on 11/11, 11/25 and possibly 11/26.

ASK THE COMPUTER EXPERTS: Thursdays, 10 am-noon**BEADING WITH MARILYN:** Tuesdays, 10-11:30 am**BLOOD PRESSURE CLINIC:** ***NEW HOURS*** Wednesdays, 9 am-noon**BOOK DISCUSSION GROUP:** Thursday, November 4, 1-2 pm**BOWLING:** Mondays, 10 am (Call Bev at 508-545-1068 for more info.)**CHAIR VOLLEYBALL:** Tuesdays, 12:30 pm**COMPUTER ROOM:** Mon & Thurs 9 am-4 pm (Closed Tues, Wed & Fri in Nov. for SHINE appts. and during computer classes)**CONTRACT BRIDGE:** Tuesdays, 8:45 am-noon**CRIBBAGE:** Thursdays, 9:30 am-11:30 pm**DISCUSSION GROUP:** Thursdays, 11 am-12:30 pm**DUPLICATE BRIDGE:** Mondays and Tuesdays, 12-3 pm**GENEALOGY GROUP:** Mondays, 1-4 pm**GRUPO LATINOAMERICANO:** Thursdays, 10:30 am-12:30 pm**KNITTERS:** Friday, November 19, 10:30 am-noon (Note change in date)**MAH JONGG:** Tuesdays, 11 am-4 pm & Thursdays, 10 am-2 pm**MARY MAKE DO (sewing/quilting):** Mondays, 10 am-4 pm**OPEN SEW:** Fridays, 9 am-4 pm**PINOCHLE:** Mondays and Tuesdays, 9-10:30 am**POKER:** Fridays, 9-11 am**POOL TABLES:** ***NEW HOURS*** Mon, Wed, Thurs, & Fri, 8:30 am-4 pm; Tues, 12:30-4 pm**RED HAT HONEY BEES:** Tuesday, November 30, 1-4 pm, \$2 per month**SCRABBLE:** Mondays, 12-3 pm**SKIP BO:** Mondays & Fridays, 11 am-noon**SPORTS FANATICS:** Mondays, 10 am**TABLE TENNIS:** Mon through Fri, 8:30-4:30 pm**PROGRAMS CONTINUING ON ZOOM:****CONVERSATION & HUMOR:** Fridays, 12:30 pm**TRAVEL DISCUSSION GROUP:** Wednesday, November 10, 3:30 pm

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BETTER BREATHERS GROUP**Wednesday, November 10, noon-1 p.m.**

Join Cheryl Burgess when the Better Breathers meets in person at Callahan this month.

NEW**BEREAVEMENT SUPPORT GROUP****Now meeting at Callahan plus dial-in****from home! Tuesdays, November 9 & 23, 1 p.m.**

This group, led by Bereavement Clinician Jeanie Cooper-Carson, M.A., Ph.D., is offered in partnership with Good Shepherd Community Care. The group meets the 2nd and 4th Tuesday of each month. For more information, please contact Lisa at 508-532-5980, ext. 4108.

CAREGIVER SUPPORT GROUP**Thursday, November 18, 2-3 p.m.**

If you are interested in learning more about this group, please contact Cheryl Lavalley, LICSW, at 508-532-5980, ext. 4134.

GRANDPARENT SUPPORT GROUP

Contact Lisa at 508-532-5980, ext. 4108

for more information and to arrange a pre-screening for the Grandparent Support Group.

LOW VISION GROUP**Now meeting at Callahan plus dial-in from****home! Wednesday, November 17, 11-12:30 p.m.**

For more information please call the front desk: 508-532-5980.

PARKINSON'S SUPPORT GROUP**Tuesdays, November 2 on Zoom &****November 16 at Callahan****1-2 p.m.**

Meets the 1st and 3rd Tuesday of each month. Please call Lisa at 508-532-5980, ext. 4108 for more information.

NEW FROM BAYPATH**ASSISTED LIVING OMBUDSMAN PROGRAM**

The Assisted Living Ombudsman Program, created in 2020, seeks to help assisted living residents remain empowered about their life choices. When a resident or their family has a concern, the Ombudsman offers training, advice, resources, and support. It is the role of the Ombudsman to work with the residents and their families to protect their rights, to be an advocate, and to act as mediator in an attempt to resolve problems that arise between an assisted living facility and one or more of its residents. Anyone can bring a complaint before the ombudsman. The complaint can be on behalf of a specific resident or on behalf of residents as a group. For more information, please contact Caroline Drella at BayPath Elder Services at 774-463-9513 or cdrella@baypath.org.

ARE YOU IN NEED OF MEDICAL EQUIPMENT?

Durable Medical Equipment (DME) loans and donations have resumed at the Callahan Center. **It is important to call in advance to reserve a requested item, as our inventory is limited.** Contact Social Services at 508-532-5980, ext. 2. All messages will be returned within 1 business day. (Donations of gently-used and cleaned items are accepted during business hours listed on page 3.)

**FRAMINGHAM FOOD RESOURCES**

The Framingham area offers a variety of resources for meals and groceries. For a complete listing, visit <https://www.framinghamma.gov>. Select "COVID 19 Information" on the homepage. On the COVID 19 page, select "Access Food" from the menu options. If you're unable to access the internet, call the Callahan Center for information.

BEHAVIOR HEALTH RESOURCES

The COVID-19 pandemic is stressful for many. It is essential to care for yourself and manage your mental health.

Behavioral Health Partners of MetroWest

is a collaboration of local provider agencies with expertise in mental health, substance use and addiction. Call 1-844-528-6800, Monday-Friday for a free consultation with a care coordinator who can connect you to the appropriate service based on your needs.

Advocates Psychiatric Emergency Services:

Crisis team provides assessment and intervention via telephone and video for those experiencing a mental health and/or substance use emergency. Available 24 hours a day at 800-640-5432. [Virtual support groups also available.](#)

Call 2 Talk offers mental health, emotional support, and suicide prevention. Assistance is available 24 hours a day. Call: 2-1-1 or (508) 532-2255 or Text: C2T to 741741

LGBTQ Parent & Caregiver Helpline:

866-427-3524

Veteran's Crisis Line: 800-273-8255**Network of Care Massachusetts:**

Comprehensive statewide online resource - <https://massachusetts.networkofcare.org/mh/index.aspx>

FRAMINGHAM PUBLIC LIBRARY INFO HUB

Visit Info Hub for the latest news and resources from Framingham Public Library, along with important information—about COVID-19 and more—from the City of Framingham: www.framinghamlibrary.org/info-hub

**CARLYLE HOUSE**342 Winter Street, Framingham, MA
www.carlylehouse.biz**508-879-6100***Carlyle House is proud to be serving the community for over 30 years.*

We are a 55 bed, single-level skilled nursing facility nestled on beautifully landscaped grounds close to the heart of Framingham. We are responsive to the needs of both our short-term and long-term residents. Our new short-term wing, along with our innovative therapy team, is geared to provide the rehabilitation needed for your return home.



SOCIAL SERVICES DEPARTMENT

MARK CURTIS & FRIENDS THANKSGIVING MEAL

Once again, the Mark Curtis and Friends Thanksgiving Meals will be available to homebound seniors. Meals will be delivered to your door. If you're spending the holiday alone and would like a meal, please call Lisa (508) 532-5980, ext. 4108 by **Friday, November 19 at noon.**

HOME ENERGY & FUEL ASSISTANCE PROGRAM FOR 2021-2022

Callahan's Social Services Department is currently processing NEW Fuel Assistance Applications for Framingham residents who are age 60 and older and applying for the first time. Please contact Cheryl at 508-532-5980, ext. 4134 for information and eligibility requirements.

STILL NEED THE COVID-19 VACCINE?

Thanks to generous funding from Older Americans' Act funding administered by BayPath Elder Services and the CARES Act, Framingham residents age 60+ may request this free taxi service to get the COVID-19 vaccine. Contact Sam Swisher at sps@framinghamma.gov or call 508-532-5980, ext. 4113 and leave a message.

FREE TRANSPORTATION OPTIONS FOR FRAMINGHAM RESIDENTS! *Face coverings required.*

***FREE CALLAHAN SHARED-RIDE VAN:** Thanks to generous funding from MWRTA, the Callahan Center shared-ride van is operating free to residents 55 and older and those with disabilities for destinations within Framingham and to/from Market Basket in Ashland. You must be registered with the Callahan Center and MWRTA to access this service. Service available Mon. to Thurs. 9 am to 3:30 pm and Fri. 9 am to 1:30 pm. Call the Callahan Center at 508-532-5980 to initially register for van service. Once your registration is confirmed, contact the MWRTA Call Center at 508-820-4650 to schedule rides. (*Be aware the return to \$2 fares each way may return at some point in the future - we will keep you informed.)

FREE TAXI SERVICE AGE 60+: Do you need to get to a destination beyond Framingham and need someone else to drive you or you can't afford the taxi fare? The Callahan Center has received Older Americans' Act funding administered by BayPath Elder Services and the CARES Act, providing Framingham residents ages 60+ with **FREE** round-trip taxi rides from Tommy's Taxi beyond Framingham's borders for medical appointments and other necessities. **It is essential to call at**



least one week in advance to request this service. Weekend and evening service may be possible. If you have appointments in Boston's medical area or transportation needs to communities beyond Framingham, please contact Sam Swisher at 508-532-5980, ext. 4113.

IS MONEY TIGHT THESE DAYS? WE COULD HAVE A SOLUTION!

Many people over the age of 60 are eligible for SNAP and don't use it. **This could mean as much as \$100 per month available to buy groceries.** The money you save on your grocery bill could be put towards other expenses. Please contact the Callahan Center's Social Services Department to see if you qualify.



THANK YOU BAYPATH ELDER SERVICES!

Thanks to Title III Older Americans Act funding, administered by BayPath Elder Services, the Continuing Connections program is available during this year free of charge to its participants. We are grateful for this generosity and the generosity of participants who have provided voluntary donations to the program.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7 Don't miss your chance to change plans.

SHINE can help!

It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. For the best comparison, you should have a Medicare account. If you don't have one already, you can go to Medicare.gov to easily create one, or SHINE can help you do it.



Call the Callahan Center at 508-532-5980 to arrange a SHINE appointment. At the time of your appointment you should have your:

- Medicare account Username and Password (if you have an account)
- Medicare card # and other drug/health insurance cards and benefit information
- Prescription drug list (dosage, quantity, frequency)

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.

Enjoy these discounts from some of the eateries in our Framingham area



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TERMS & CONDITIONS:

Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 11/30/21.

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Buy One Chicken Sandwich at Regular Price and Receive 2nd Chicken Sandwich FREE

508-875-9832

www.bk.com

259 Cochituate Road

Framingham, MA 10701

TERMS & CONDITIONS:

Not valid on BK® Delivery or BK® App mobile ordering purchases. Limit one per customer. Not to be used with any other coupons or offers. Void where prohibited. Sales tax may apply. Cash value 1/100¢. This offer may not be available in all Burger King® restaurants, and participation may vary by restaurant. Not valid in PR, AK & HI or outside the U.S. Offer expires 11/30/21.

McDonald's

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Breakfast, Lunch or Dinner Sandwich

508-875-1650

www.mcdonalds.com

Route 30 Mall, 343 Cochituate Rd.

Framingham, MA 01701

TERMS & CONDITIONS:

Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 11/30/21.

FRIENDS BOARD MEMBERS

President.....Mary Megill
 Vice President.....Patrick Dunne
 Rec. Secretary.....Cathy Matero
 Treasurer.....Geri Weinstein
 Sunshine Lady.....Carol Lach

Members: Roger Appell, Karin Beth,
 Jim DeSimone, Chris Lorant, Bea Mooar,
 JoAnn Morse

FRIENDS BOARD MEETING

November 2 at 2 p.m.

To ensure that you receive
 updates from the Friends, please
 send your email address to:
callahan.friends@yahoo.com



**FRIENDS DINE-AROUND
 JACK'S ABBY**
Wednesday, November 3
PICK UP A FLYER AT CALLAHAN
TO BRING WITH YOU!

Join us for this month's Friends Dine Around at Jack's Abby. Good all day on November 3 for dine in, takeout or catering. (Outdoor seating is weather dependent.) Not good on delivery. **Call the front desk to register** (508-532-5980) and you'll be entered for a chance to win one \$25 Gift Card, which can be used on a future order at Jack's Abby.

Be sure to pick up a Dine-Around Flyer at Callahan to give restaurant staff when paying your bill. Flyer must be presented to ensure that 20% of the food portion of the bill will be donated back to the Friends of Callahan. Jack's Abby is located at 100 Clinton Street, Framingham - 508-872-0900.

SAVE THE DATE!
DECEMBER DINE AROUND
Wednesday, December 8
Location to be announced

THE SUNSHINE LADY'S CORNER

The Friends would like to reach out to members in time of need. The Sunshine Lady - a.k.a. Carol Lach - can help brighten their day and/or offer condolences. Please call the front desk at 508-532-5980, ext. 0 and leave a message. Your request will be forwarded to the Sunshine Lady who continues to mail cards on behalf of the Friends of Callahan.



WELCOME TO 2021! THE CALLAHAN COURIER BY E-MAIL COMING SOON!

The Friends of Callahan sincerely thank you for your ongoing support through your membership, especially during these difficult and challenging times - we couldn't do what we do without you!

In 2021, we will be moving in a direction to accommodate the needs and desires of our members. As you know, your active membership,

as a Friend, includes a copy of the Callahan Courier mailed to you each month. This year, we are excited to announce that we will be offering you the opportunity to receive the Courier by e-mail through Constant Contact!

Please, let us know whether you prefer to continue the print version by mail or if you would like to receive it by e-mail. You can mail your choice on the form below with your membership renewal, send an email to callahan.friends@yahoo.com, or call the Friends of Callahan office at 508-532-5980 x4114 and leave a message. You can also call if you have a question or need to update any of your information, including your e-mail.

Wishing you all good health and much happiness in 2021! Be sure to check the expiration date of your membership on the back cover of the Courier, and renew so you don't miss a single issue by mail or by e-mail.

Please complete the info below and make your check/money order **payable to:**
Friends of Callahan, then mail to:
Friends Membership at Callahan Center,
535 Union Avenue, Framingham, MA 01702
 Thank you!

Renew Individual \$15 _____ Renew Couple \$20 _____
 Name _____ Date of Birth _____
 Address, City, State, Zip _____
 E-Mail Address _____
 Cell Phone _____ Home Phone _____
 Spouse/Other _____ Spouse/Other Date of Birth _____
Check your preferred method of receiving the Callahan Courier:
☐ E-Mail version (only used by Callahan Center) ☐ Print version by US mail

The Friends of Callahan Senior Center, Inc. Is a non-profit 501(c)3 organization.

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The Remarkable Mark Goldman

The information below appears online: <https://www.dignitymemorial.com>

Mark Joel Goldman, 74, of Framingham passed away on Sunday, September 12, 2021 surrounded by his loving and devoted family.

Mark grew up in Marlborough and Newton and moved to Framingham in 1971. He was a natural born "salesman" working in various industries throughout his career and made a friend wherever he went. He was a big sports fan - rooting for the Celtics and the Patriots - loved a good hot dog, root beer, slice of blueberry pie and time with his family. He had an infectious smile, an easy laugh, and selfless disposition.

Mark leaves a tremendous legacy of volunteerism and community service in the Framingham community. An active member of Temple Beth Shalom, Mark served in a number of capacities as a head usher at high holiday services, resident cook in the kitchen and steady volunteer for youth activities and fundraisers.

Mark made innumerable contributions to the Framingham United Soccer Club. He was a trustee, board member, referee, coach, director of the girls tournament and president of the club. He was an integral part of a team that committed 6 years of effort to secure land for a "Field of Dreams" soccer complex in Framingham. The Merchant Road Fields was rewarded in October of 2000. It was so important to Mark that kids had the opportunity to play on "good, quality, safe" fields. He so enjoyed watching his daughters play, ref and coach and more recently watch his grandchildren.

Mark was a recipient of the "Salute to Framingham" award in 2001 - an event to honor and recognize community members who have made an extraordinary commitment to the youth of Framingham. He was appointed to serve as a Parks & Recreation Commissioner in Framingham. He collaborated passionately on many projects including regenerating the Framingham High School softball fields, batting cages, refurbishing of King and Muster fields and helped to create Cushing Memorial Park a valuable recreation destination.

Currently, he was vice chair of the Framingham Council on Aging and had been on the council for six years. He was the President of the Friends of Callahan Senior Center since 2014 and led a number of initiatives to support older adults. He was instrumental in opening the "Heritage Gallery" featuring local artists and artisans, hosting a "Sports Fanatics" weekly meeting, securing the requisite funding for a new bingo machine and advocating for computers and technology literacy for seniors to stay connected during the pandemic. He was a talented fundraiser and fully committed to supporting senior citizens in his community.

He is survived by his beloved wife, Marilyn (Lapin) - they would have been married 50 years this October; daughter Risa Burgess and her husband Scott; daughter Laura Goldman-Pogson and her wife, Sarah; two grandchildren, Max and Brooke, whom he absolutely adored; sister Marsha (Goldman) Soloway and husband Ed; sister-in-law Janice Hirsch and husband Mark; extended family, friends and neighbors. Mark's strong desire was to attend his grandson's Bar Mitzvah this spring. Through his perseverance, determination and grit he delivered a beautiful Aliyah (prayer) at the service that uplifted all who bore witness.

The family would like to thank the 6ICU team at UMASS Memorial Healthcare in Worcester for his special care. In lieu of flowers, remembrances may be sent to the Friends of Callahan, 535 Union Avenue, Framingham MA 01702.



VACCINE PROGRAM FOR THOSE WHO ARE HOMEBOUND

For Framingham residents: If you are homebound and unable to get to a vaccine site, please call the City's Public Health Nursing Office at 508-532-5667. Leave your name, phone number and address, and someone will return your call within 24 hours. For those outside of Framingham: Please call 833-983-0485, Monday through Friday from 9am to 5pm. Phone representatives speak English and Spanish, and translation services are available in 100+ languages.



UNPARALLELED COMFORT AND CONVENIENCES

- Warm and gracious setting for seniors needing a little help with daily routines
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- Individual attention from trained PCAs and a skilled recreation team
- Alzheimer's care
- Social events and recreation



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CONTINUUM OF CARE

- THE WILLOWS Retirement Communities
- WHITNEY PLACE Assisted Living and Memory Care
- BEAUMONT Skilled Nursing and Rehabilitation
- SALMON VNA & Hospice

Monday

Tuesday

8:30-4 Pool Tables Open
 8:30-4 Table Tennis
 9-4 Fitness Room \$2
 9-4 Computer Room
 9 Pinochle
 9:30 Strength Training/Cardio \$3
 10 Bowling: Ryan Family Amusements, Millis \$13
 10-11:30 Sports Fanatics
 10-4 Mary Make Do
 10:30 **ZOOM**: Mindful Living & Meditation \$3
 11 Skip-Bo
 12 Duplicate Bridge
 12-3 Scrabble
 12:30 Tai Chi with Jon Woodward \$4
 1-4 Genealogy Group

1

YOUR VOTE COUNTS
Framingham City Election
 8:30-4 Table Tennis
 8:45 Contract Bridge
 9-4 Fitness Room \$2
9-4 Computer Room Closed, SHINE
appts only
 9 Pinochle
 9:30 Aerobics, Free
 10-11:30 Beading with Marilyn
 11 Zumba \$3
 11-4 Mah Jongg
 12 Duplicate Bridge
 12:30-4 Pool Tables

12:30 Chair Volleyball
 1-2 **ZOOM**: Parkinson's Support Group
2 Friends Board Meeting
 4:30-5:15 **ZOOM**: Chair Yoga \$3

2

8:30-4 Pool Tables Open
 8:30-4 Table Tennis
 9-4 Fitness Room \$2
 9-4 Computer Room
 9 Pinochle
 9:30 Strength Training/Cardio \$3
 10 Bowling: Ryan Family Amusements, Millis \$13
 10-11:30 Sports Fanatics
 10-4 Mary Make Do
 10:30 **ZOOM**: Mindful Living & Meditation \$3
 11 Skip-Bo
 12 Duplicate Bridge
 12-3 Scrabble
 12:30 Tai Chi with Jon Woodward \$4
 1-4 Genealogy Group

8

8:30-4 Table Tennis
 8:45 Contract Bridge
 9-4 Fitness Room \$2
9-4 Computer Room Closed, SHINE
appts only
 9 Pinochle
 9:30 Aerobics, Free
 10-11:30 Beading with Marilyn
 11 Zumba \$3
 11-4 Mah Jongg
 12 Duplicate Bridge
 12:30-4 Pool Tables
 12:30 Chair Volleyball
 1 Bereavement Support Group
1:30 COA Board Meeting

2 Holiday Shopping Rights,
Presented by Amy Schram,
Better Business Bureau
 4:30-5:15 **ZOOM**: Chair Yoga \$3

9

8:30-4 Pool Tables Open
 8:30-4 Table Tennis
 9-4 Fitness Room \$2
 9-10 Computer Room
 9 Pinochle
 9:30 Strength Training/Cardio \$3
 10 Bowling: Ryan Family Amusements, Millis \$13
 10-11:30 Sports Fanatics
 10-4 Mary Make Do
10:30-noon PC Internet & Online Security, Presented by Ralph Dunlea
 10:30 **ZOOM**: Mindful Living & Meditation \$3
 11 Skip-Bo
 12-4 Computer Room
 12 Duplicate Bridge
 12-3 Scrabble
 12:30 Tai Chi with Jon Woodward \$4
 1-4 Genealogy Group

15

8:30-4 Table Tennis
 8:45 Contract Bridge
 9-4 Fitness Room \$2
9-4 Computer Room Closed, SHINE appts only
 9 Pinochle
 9:30 Aerobics, Free
 10-11:30 Beading with Marilyn
 11 Zumba \$3
 11-4 Mah Jongg
 12 Duplicate Bridge
 12:30-4 Pool Tables
 12:30 Chair Volleyball
 1-2:30 Parkinson's Support Group
1:30 The Loss of the Indianapolis, Presented by Bob Begin
 4:30-5:15 **ZOOM**: Chair Yoga \$3

16



8:30-4 Pool Tables Open
 8:30-4 Table Tennis
 9-4 Fitness Room \$2
 9-4 Computer Room
 9 Pinochle
 9:30 Strength Training/Cardio \$3
 10 Bowling: Ryan Family Amusements, Millis \$13
 10-11:30 Sports Fanatics
 10-4 Mary Make Do
 10:30 **ZOOM**: Mindful Living & Meditation \$3
 11 Skip-Bo
 12 Duplicate Bridge
 12-3 Scrabble
 12:30 Tai Chi with Jon Woodward \$4
 1-4 Genealogy Group
1:30 ZOOM: Couples Living with Heart Failure

22

8:30-4 Table Tennis
 8:45 Contract Bridge
 9-4 Fitness Room \$2
9-4 Computer Room Closed, SHINE
appts only
 9 Pinochle
 9:30 Aerobics, Free
 10-11:30 Beading with Marilyn
 11 Zumba \$3
 11-4 Mah Jongg
 12 Duplicate Bridge
 12:30-4 Pool Tables
 12:30 Chair Volleyball
 1 Bereavement Support Group

1:30 Chiricahua Mountains:
Wildlife Oasis in the
Dessert, Presented by
Joy Marzolf
 4:30-5:15 **ZOOM**: Chair Yoga \$3

23

8:30-4 Pool Tables Open
 8:30-4 Table Tennis
 9-4 Fitness Room \$2
 9-4 Computer Room
 9 Pinochle
 9:30 Strength Training/Cardio \$3
 10 Bowling: Ryan Family Amusements, Millis \$13
 10-11:30 Sports Fanatics
 10-4 Mary Make Do
 10:30 **ZOOM**: Mindful Living & Meditation \$3
 11 Skip-Bo
 12 Duplicate Bridge
 12-3 Scrabble
 12:30 Tai Chi with Jon Woodward \$4
 1-4 Genealogy Group

29

8:30-4 Table Tennis
 8:45 Contract Bridge
 9-4 Fitness Room \$2
9-4 Computer Room Closed, SHINE
appts only
 9 Pinochle
9-11 Legal Clinic (By appt. only)
 9:30 Aerobics, Free
 10-11:30 Beading with Marilyn
 11 Zumba \$3
 11-4 Mah Jongg
 12 Duplicate Bridge
 12:30-4 Pool Tables

12:30 Chair Volleyball
 1-4 Red Hat Honey Bees \$2
1:30-3:45 MOVIE MATINEE:
Little Women - PG
 4:30-5:15 **ZOOM**: Chair Yoga \$3

30

Wednesday	Thursday	Friday
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room Closed, SHINE appts only 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3</p> <p>FRIENDS DINE AROUND JACK'S ABBY 100 Clinton St. Framingham (508) 872-0900</p> 	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10-11:30 Grandparent Support Group 10:30-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1 Book Discussion Group 1-2:30 ZOOM: The Journey of Dementia (RSVP req: 800-272-3900.)</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room Closed, SHINE appts only 9-4 Open Sew 9 Poker 9:30 Strength Training/Cardio \$3 10:30 ZOOM: Stretch with Anthony, Free 11 Skip-Bo 11:15 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor CANCELED: Stretch with Anthony</p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room Closed, SHINE appts only 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3 11:30-12:30 Veteran's Appreciation Lunch-Drive By (RSVP req) 12 Better Breathers Support Group 3:30 ZOOM: Travel Discussion Group</p>	<p>CLOSED IN HONOR OF VETERANS DAY</p> 	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room Closed, SHINE appts only 9-4 Open Sew 9 Poker 9:30 Strength Training/Cardio \$3 11 Skip-Bo 11:15 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room Closed, SHINE appts only 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3 11-12:30 Low Vision Support Group 1:30 Great Courses-Great Tours: Greece & Turkey</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 12-1:30 Grandparent Support Group 1-2:30 Artist Appreciation Workshop: Piet Mondrian, Presented by Michele Marram (RSVP req) 2-3 Caregiver Support Group</p> 	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room Closed, SHINE appts only 9-4 Open Sew 9 Poker 9:30 Strength Training/Cardio \$3 10:30-12 Callahan Knitters 11 Skip-Bo 11:15 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room Closed, SHINE appts only 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3</p>	<p>THANKSGIVING DAY</p> 	<p>Please note that Center activities may be cancelled today. 8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room Closed, SHINE appts only 9-4 Open Sew 9 Poker 11 Skip-Bo 12:30 ZOOM: Conversation & Humor CANCELED: Strength Training & Chair Yoga</p>

NOVEMBER PROGRAMS ON ZOOM

Stretch with Anthony: 11/5 at 10:30 am (free)
Mindful Living & Meditation: Mondays, 10:30 am (\$3)
Chair Yoga: Tuesdays, 4:30 pm (\$3)
Conversation & Humor: Fridays, 12:30 pm
The Journey of Dementia: 11/4 at 2:30
Travel Discussion Group: 11/10 at 3:30 pm
Couples Living with Heart Failure: 11/22 @ 1:30 pm

SUPPORT GROUPS WITH DIAL-IN OR ZOOM OPTION

Parkinson's Support Group: 11/2 at 1 pm
Bereavement Support Group: 11/9 & 11/23 at 1 pm
Low Vision Group: 11/17 at 11 am
Grandparent Support Group: Call 508-532-5980, ext. 4108 for more info



Elder Law with Frank and Mary

by **Arthur P. Bergeron & Leah A. Kofos**

Arthur and Leah are elder law attorneys in the Trusts and Estates Group at Mirick O'Connell.

WHAT'S YOUR HEALTHCARE PLAN FOR 2022?

The Medicare Open Enrollment period began on October 15 and runs until December 7. It's time to assess your health and plan your healthcare budget accordingly. Maybe nothing has changed. As you age, the likelihood of an annual change in your health is much greater. Health changes can cost money, so you should plan for them to the extent that you can.

First, of course, you need to look at your prescription plan, Medicare Part D. As you know, these plans can change even if your health does not. Every year, each plan lists which drugs they cover, the amount of your deductible, and the cost of your co-pay every time you get a refill. Prices may vary from drugstore to drugstore too. It is important that you take the necessary time to figure all this out ahead of time as it may reduce your costs in 2022.

Next, figure out how much you want to risk in other healthcare costs next year and plan accordingly. Your Medicare Part A and B co-pays and deductibles, all based on the services you get, are predictable and do not change from year to year. Do you know what a day in the hospital would cost you? How about an MRI? If you have a sense of those costs, you'll have a better sense of how much you want to spend next year to have them covered. Each provider of Medicare supplemental insurance policies will give you a variety of plans at a variety of premiums, all depending on how much risk you want to take.

Finally, you can shop around to see if there is a Medicare Part C plan (referred to as Medicare Advantage) that will allow you to bundle all medical pieces together in one plan, often for less cost. These plans typically offer additional benefits, like subsidized health club and other fitness and health maintenance programs, payments for eyeglasses, and more. Before you make your healthcare investments for 2022, you owe it to yourself to check these out.

If you think this is confusing, you're not alone. The senior center can connect you with the volunteer SHINE counselors and private consultants to help you wade through all this. If you want to learn more about this topic, check out my November seminar on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary, and on local cable stations, along with Frank and Mary in Framingham, the local Access Framingham cable TV shows, where my co-host, Grace O'Donnell and I address many common issues facing seniors and the resources available during the pandemic. As always, if you have any questions or would like additional information, please contact me at **(508) 860-1470** or abergeron@mirickoconnell.com.




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Game answers for this issue will be published in next month's issue.

Answer to Previous Sudoku

7	4	5	3	2	8	9	1	6
3	6	1	4	9	5	8	2	7
8	9	2	6	1	7	4	5	3
4	2	3	7	5	1	6	9	8
9	5	6	8	3	4	2	7	1
1	7	8	2	6	9	3	4	5
5	3	7	9	8	2	1	6	4
6	1	9	5	4	3	7	8	2
2	8	4	1	7	6	5	3	9

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	4				1	2		
	2		6	7		4		
1				3			9	
		5					4	
	6	2				7		1
5			4				7	
	3	6	1					
	1				9			6

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DIFFICULTY: ★★☆☆☆

CROSSWORD PUZZLE

ACROSS

- 1 Clothing
- 5 Russian news agency
- 9 Hebrew letter
- 12 Pain
- 13 Spore sacs
- 14 Laconian clan group
- 15 Moon of Saturn
- 16 Countersink
- 17 Compass direction
- 18 Telegraph signal
- 20 Large square pattern
- 22 Soldiers
- 25 Shellac
- 27 Exudate plant
- 28 Fiddler crab genus
- 29 Cleopatra's attendant
- 31 Sound (pref.)
- 34 Head covering
- 35 Of the throat
- 37 Eng. cathedral
- 38 Rosebud, e.g.
- 40 Wife of Ramachandra
- 41 Female ruff
- 42 Air-to-air missile (abbr.)
- 44 Arabic letter
- 45 Nocturnal mammal
- 46 Sauce
- 49 Indian dance drama
- 51 Arab garment
- 52 First miracle site
- 54 Mayan year
- 58 Mother of Hezekiah
- 59 Warm
- 60 Berne's river
- 61 Israelite tribe
- 62 Gr. wine container
- 63 Carplike fish

DOWN

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15				16				17		
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ANSWER TO PREVIOUS PUZZLE

O	B	E	S	N	A	A	C	S
A	L	A	S	I	E	R	H	A
C	A	S	T	E	N	E	T	A
C	F	S	S	A	P	I	D	T
	A	N	I		S	A	T	I
C	H	I	D	E	C	A	R	I
P	I	N	D		W	E	N	
R	E	V	E	R	I	E	M	E
	E	R	I	S		W	A	R
M	A	I	D	E	B	A	R	T
I	N	G	E		M	A	H	I
M	A	L	A		A	R	O	B
G	E	N		N	E	O		A

- 1 Needlefish
- 2 Exclamation
- 3 Fluidity unit
- 4 Bauble
- 5 Hades
- 6 Ibsen character
- 7 Jackfish
- 8 Cotton tree
- 9 Aloe (2 words)
- 10 Priest
- 11 Deviate
- 12 Few (pref.)
- 19 Cartograph
- 22 Innards
- 23 Adjective-forming (suf.)
- 24 Ditto (2 words)
- 26 Lead-tin alloy
- 30 Soak
- 32 Olive genus
- 33 No (Russian)
- 36 Frog genus
- 39 Burmese knife
- 43 Very (Sp.)
- 46 S. Afr. assembly
- 47 Eastern bishop's title
- 48 Liang
- 50 Herringlike fish
- 53 Pile
- 55 Amer. Automobile Assn. (abbr.)
- 56 Trajectory
- 57 Spelling contest



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